Dear Families,

It is hard to believe that we are already halfway through the school year. I would like to acknowledge, once again, your support and partnership in your child’s learning.

It is with great delight that I formally announce that the Royal Australian Air Force Cadets will be based at Seaford 6-12 School. Our partnership agreement was approved and signed on Friday 21st June. Key members of Air Force Cadets visited Seaford 6-12 School to view buildings and begin preparations for signing of the agreement. This is a fantastic opportunity for our students and the community.

Seaford 6-12 School has also been selected to participate in the Adelaide Crows mentor program. The aim of this program is to use positive psychology to improve wellbeing through a structured approach to building mental fitness through simple life skill sessions. Players from the Adelaide Thunderbirds Netball Team are keen to co-facilitate the program enabling a mixed gender grouping.

Mr. Craig Ottaway will represent teachers across the state on the advisory group for this exciting program.

Our Student Free Day on the 11th June was a great opportunity for our teachers to focus on Australian Curriculum, planning and programming.

Ongoing planning and preparation will continue in team meetings, individual preparation time and workshops offered across the region. Our next student free day will be Monday 22nd July (Week 1 Term 3).

We have begun the process of advertising leadership positions in line with our new agreed school structure. Interviews for our leadership positions will occur in Terms 3 and 4 and will begin 2014.

Our students featured in a media launch of the Rail Electrification on Friday 21st June at the Seaford Railway station. Hundreds of bright orange ‘Switched on’ T-shirts were distributed to our staff and students to reinforce messages of safety around rail electrification. The event was also attended by the Minister for Transport and Infrastructure Tom Koutsantonis MP and Federal Member for Kingston, Amanda Rishworth MP.

Throughout Week 9, our Year 10 students have presented their Personal Projects to Care Group teachers and invited guests. It has been wonderful to see the quality projects, to have our families attending to see the work of our students and to engage in conversations with students about their achievements. Congratulations to Ms. Marion Mackenzie for her leadership in partnership with our Year 10 Care Group Teachers.

Increasing numbers of students are participating in zone and interschool sporting opportunities in the areas of soccer, netball, football, tennis, volleyball — and the list goes on. We are really pleased with the attitude of our students competing, their discipline, positive attitude and commitment has been commented upon by several teachers from other schools.

The weights room continues to be a huge hit amongst the students with several students attending each lunch time.

From the Principal

continued next page
FROM THE PRINCIPAL - CONTINUED

CONGRATULATIONS TO JONATHAN PRISCAN

Jonathan Priscan recently performed at the Adelaide Cabaret Festival as part of the Class of Cabaret 2013 project. Jonathan was commended on his professionalism, skill development, confidence in performance and communication over the two term duration of the project by Robyn Callan, Education Manager at the Adelaide Festival Centre.

SUPPORT OUR INSPIRATIONAL TEACHERS

Our school has been invited to submit nominations for the ASG NEiTA Awards for Inspirational Educators. This is an opportunity for our school to publicly recognise and encourage our great teachers, and give them a well-deserved pat on the back. NEiTA is the only independent national awards program where school parents/grandparents, parent associations, school boards/councils, secondary student councils and community organisations can nominate teachers and principals who contribute excellence.

Nominated teachers receive a congratulatory NEiTA Certificate of Nomination and become eligible for NEiTA State and National Awards. It’s easy to nominate. Nominations can be made online, or forms can be downloaded at www.neita.com.au or call the NEiTA Secretariat for a form by phoning free call 1800 624 487

I wish you all a safe and happy holiday.

Cozanne Green, Principal

UNIFORM UPDATE

The trial and feedback stages of implementing and transitioning a new school uniform at Seaford 6-12 School is still underway. Student feedback for many elements of the girls uniform has been very positive and given clear direction for the most professional and affordable options that students are proud to wear.

This week we have started feedback phase for the boys shorts and pants options, as well as new girls pants. Samples of these uniforms have been given out to randomly selected students to wear for the rest of the year. We are also currently looking for options for a uniform to be worn during HPE lessons and at school sport opportunities.

Families will be informed of changes to the uniform and how these will affect them throughout Term 3. It is important to remember that the new uniform will be transitioned in over a period of 3 - 4 years, initially only affecting those students new to the school.

SRC REPORT

Over the last month the SRC have been busy planning the activities for the rest of the year as well as making some decisions about school improvement. Some of these activities include the following:

• School Spirit Day in the last week of Term 3 where students and staff participate in games and activities to help bring the school community closer together.
• Red Nose day in Tuesday 2nd July.
• Team Building and Leadership skills workshop in Week 2.
• Carly Ryan Foundation to support our students with cyber safety.
• Expanding on the lunch time music and lunch time sport programs

• Organising a partnership with local primary schools to run Mind Matters sessions to primary school students to help with their resilience and mental health.
• Random Act of Kindness week where students get a wrist band for any random act of kindness done for the week, with the intention being that all students will earn one by the end of the week.
• Organising Year 6/7 sporting tournaments at Seaford 6-12 School where our students umpire, coach and run the tournament for local primary school students.
• SRC have surveyed students and decided to use funds raised to upgrade the school toilets.

YOUTH AMBASSADOR

Hello, my name is Emma.
I am in Mr. Pearce’s Year 8 class (B18) and I am a Youth Ambassador for the Cancer Council.

The Cancer Council is a non-profit charity that supports people not only with cancer but they help with the prevention of cancer as well. I became a youth ambassador after listening to Matt talk about the Cancer Council at this school (Matt is a Cancer Council representative).

Youth Ambassadors have three challenges that they have to do. The first is to raise awareness, the second is to hold a fundraiser and the last is to make a speech. I look forward to completing all three of these challenges.

Emma, Year 8 Student

‘working with the community’
This semester in Science C01 has been learning about atomic theory and chemical reactions. After a series of practicals involving pH levels, neutralisation, reactants and products, and exothermic and endothermic reactions, the class concluded the topic with the classic ‘Coke and Mentos’ practical, observing different variables and recording data such as height of foam and reaction time of the chemical reaction.

As you can see the class took Science to new heights!

_Craig Ottaway, Year 9 Science Teacher_

**SCIENCE IN C01!**

On Thursday 20th June, Year 11 students, with the support of the SRC, ran a fundraiser for Butterfly Day. Students enjoyed the activities of multiple live bands, a mini soccer tournament, and a perfectly cooked BBQ for students. The events attracted approximately 300 students to the centre court yard of the school. The day had a great feel across the school with students coming together and having some fun.

Year 11 students, led by **Amber**, should be congratulated on their efforts on the day, as should the many SRC members who supported with cooking, setting up and packing up of events. This day has been one of many fundraising opportunities available to students in partnership with the lunch time music program. Funds raised will go towards helping young people with disabilities.

On Wednesday 19th June, all Middle School students enjoyed the experience of free dance sessions from the Footsteps Dance Company. Although some students were hesitant at first, they quickly joined in, learned the moves and had fun in the process. This session was part of the MYPIB Physical Education component of dance, which all students will study in the second semester. Students should be congratulated on their ability to show the MYPIB Learner Profile Attributes of Risk Taking, as well as the school values of Respect and Responsibility and a big thank you must go out to the Footsteps team for their time and effort with our students.

**MIDDLE SCHOOL DANCE SESSIONS**

On Wednesday 19th June, Middle School Lunchtime Sports got under way at the start of the term with Indoor Soccer. The competition is split into separate year levels of mixed gender, with the emphasis being on fun, participation and sportsmanship. In the final week of the championship students play house against house, with boys and girls across all middle school year levels working together. Overall we had over 130 students compete in the competition as well as many spectators. Students should be commended on their skill level, sportsmanship and behavior throughout these competitions. Winning houses for each competition are as follows:

- **Year 7**: B10 (Nashwauk)
- **Year 8**: E03 (Boon Boona)
- **Year 9**: C07 (Tigress)
- **Combined**: Tingara

**LUNCHTIME SPORT**

**MIDDLE SCHOOL DANCE SESSIONS**

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**Ben Hardy, Senior Leader, School Culture**
CHEMISTRY EXCURSION TERM 2

On Tuesday May 28, as part of our Stage 1 and 2 Chemistry courses, we organized a visit to the CSIRO Education Centre at Hindmarsh so that our students could conduct a series of Senior Analytical Chemistry experiments. These hands-on experiments were done in small groups and demonstrated the link between chemistry and our everyday lives. Students investigated the Car Battery, Reducing Pollutants in Acid Rain, Neutralisation of Red Wine, Determining Parts Per Million in Mineral Water using Atomic Absorption Spectroscopy, Calculating Nitrates in Water Samples, Examining Sulfur Dioxide in Wine, Fuel Cells and Water Softening.

The program also allowed students with an opportunity to explore relevant chemistry concepts as well as use equipment and procedures not readily available in schools. The session provided great links to science careers, and was an excellent way for students to engage in science.

Some student comments for their day:

“I enjoyed the galvanic cell experiment. It showed how 2 cells in a battery work and turn a light on.”

“The experiment Neutralisation of Sulfur Dioxide in Wine looked awesome and was enjoyable.”

“The Atomic Absorption Spectroscopy experiment was good working with fire is always fun.”

Duncan Begg and Matt Freeman
Chemistry Teachers

HIGH HOPES

HELP! THERE’S A TEENAGER IN THE HOUSE!!

Have you ever felt like screaming for help to navigate through your child’s teenage years?

“You’re not alone.

However, there is hope because there is help. I think I am correct in saying that never before, in all of history, has there been so much help available for parents. There is a rich resource of government organisations, non-government organisations, religious organisations, not-for-profit organisations that offer support and advice for families; and some of it is free (the conditions vary).

Then there is the plethora of information to be found on the internet. Here are just a few sources of local support that may be helpful for parenting teens (and general family life):

- Community Services
- Headspace – a free youth health service for young people aged 12-25 (in the new GP Plus building, Noarlunga)
- Southern Primary Health – Seaford (located in the Seaford Ecumenical Centre)
- Local Christian Churches

The Seaford Ecumenical Centre has 5 Christian Churches sharing the same building. They offer a variety of activities and support including pastoral care sessions, emergency food vouchers/parcels, kids club, craft group and music group. Phone 8392 4522 for more information.

The Seaford Community Church offers pastoral care sessions, craft group and bible study group.

Phone 8327 2135 for more information.

Internet http://www.parenting.sa.gov.au;
http://raisingchildren.net.au;
www.kidshealth.org

Also, here at Seaford 6-12 School, we are hoping to present a ‘Parenting Teens’ information and coffee night later in the year. It would include guest speakers and the opportunity to chat over coffee with other parents, local support group representatives and staff representatives. If it proves successful, it could become a regular program.

Please let me know what you think about this idea. You can email me on Karen.michelbach@seafordhs.sa.edu.au or call me at the school Wednesday – Friday on 8327 2222.

Karen Michelbach, CPSW

THE CHRISTMAS CHILD PROJECT

I have begun distributing information to various classes regarding this most worthwhile project which sends shoeboxes filled with clothes, toys, etc to poor children in other countries. Already there has been an active response amongst teachers and students who have shown compassion for others who live in deprived circumstances.

The boxes need to be filled by mid-October ready to be collected and shipped overseas.

If you are interested in becoming involved, please contact Paulene Angus at the school on 8327 2222

Paulene Angus, Year 11 Teacher
SEAFORD STUDENTS JOIN LAUNCH OF RAIL ELECTRIFICATION SAFETY PROGRAM

On Friday June 21st several hundred students dressed in bright orange T-shirts promoting safety, joined staff and guests of honour at the new Seaford Rail station. They were there to hear the Minister for Transport and Infrastructure, Mineral Resources and Energy and Housing and Urban Development, Tom Koutsantonis MP and Federal Member for Kingston, Amanda Rishworth MP talk about the start of the electrification of the new southern rail line. They talked about how travel to Adelaide and beyond would be quicker, quieter and more environmentally sound. Both speakers asked students to practice safety and common sense around the new rail network and to report anyone doing dangerous or risky behaviour near the rail network.

On June 17, electricity was turned on for the rail lines between Seaford and Hallett Cove Beach. While passenger trains will not be running until early 2014 from Seaford, overhead wires, their supports and fittings will be electrified for training and testing. Overhead wires and attachments are very dangerous if interfered with as they carry 25,000 volts of electricity.

Parents and caregivers are encouraged talk about this important information with their children. Further information is available at; www.infrastructure.sa.gov.au/stayswitchedon or call 1800 644 735.

Andrew Russell, Deputy Principal

LEARNING FOR LIFE PROGRAM INFORMATION

This year’s iTrack sessions are up and running! iTrack is The Smith Family’s school based online mentoring program for students in Years 9 – 11. Students are matched with volunteer mentors drawn from The Smith Family’s corporate and community partners, whose role is to provide the student with advice and guidance about workplace, study and career opportunities. There are 8 students at Seaford 6-12 that are taking part in the program for this year. The students are chatting with their online mentor once a week for an hour and the program runs for all of term 2 and 3. Places for this program for this year have now filled up, but there will be another program running next year.

The Learning Club is slowly building, and we have a number of spaces available. The Smith Family’s Learning Clubs provide:

- a supportive learning environment for children and young people
- an opportunity for children and young people to develop further their skills and confidence as learners
- an opportunity for parents to contribute more fully to their children’s learning
- an opportunity for increased community participation through volunteering
- an opportunity to work collaboratively with community partners
- an opportunity to build social capital and strengthen communities

If your child needs assistance with their studies and is free on Wednesday afternoons from 2:05-3:00pm, please give us a call to get a consent form.

Coming up in October, a group of students will be heading into our corporate partner SA Water in the city, for a careers workshop. The students will be focusing on areas such as:

- Job search process
- Understanding the job market

LEARNING FOR LIFE SCHOLARSHIP INFORMATION

Reminder for 2013 Student Profiles to be returned to ensure payments are able to be processed. If you have not returned the student profile by the 14th June you child will be placed on Grace, If you need a replacement Student Profile please call the Learning for Life worker (Family Manager) to request a new one to be sent.

Senior Secondary students will be sent out a Tertiary Scholarship Scheme application form in August, if your child is planning on going to TAFE or University in 2014 make sure you send the completed application form. Payment period for scholarships is 18th June through to the 29th August;

Semester 2 Payment Amounts

<table>
<thead>
<tr>
<th>Grade</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary (Reception – Year 7)</td>
<td>$134</td>
</tr>
<tr>
<td>Junior Secondary (Year 8-10)</td>
<td>$138</td>
</tr>
<tr>
<td>Senior Secondary (Year 11, 12 &amp; 13)</td>
<td>$218</td>
</tr>
</tbody>
</table>

For all scholarship information please contact Learning for Life Worker (Family Manager) Tammy Kennedy on 8186 2093 or tammy.kennedy@thesmithfamily.com.au
This term the Tigress Year 8’s have been learning about the Asia Pacific region for Humanities. As part of this learning, we went on an excursion to the museum on Thursday 20th June. To link in with Science for next term, we started our excursion by the weir on the River Torrens. We learned where the river starts and ends and also how the water level is controlled by the gate. After that we walked along the river (around the construction of the new bridge) and had recess at the rotunda in Elder Park.

When we’d finished, we made our way along North Terrace to the museum. There we split into our classes and did two different activities. One group did the ‘Discovery Trail’ while the other completed a workbook on the Pacific Island exhibition. ‘The Polynesian Expansion’ has been part of our depth study this term in History. We got to see and learn about totems, canoes, hunting and gathering tools, jewellery and many other primary sources. It was a good to experience a visual display and see sources from the era and region that we’ve been learning about. We also enjoyed exploring the rest of the museum, especially seeing the minerals we’d learned about earlier in the year in Science.

Our teachers were really happy with how we behaved, our efforts with learning and also how well we represented the school.

Sophia and Sharni (D04)

FOOTY GOLD!

The Onkaparinga South District Football Team has topped the Division in the recent State Primary Schools Carnival held at West Beach.

Forty teams from SAPSASA Zones across South Australia took part. The team of twenty-two was made up of boys in Years 6 and 7 from the twenty state and non-government primary schools in the Onkaparinga South District. Players were from Aldinga Beach, Hackham East, Kangarilla, McLaren Flat, Moana, Port Noarlunga, Seaford, Seaford Rise, Southern Vales, Tatachilla and Willunga schools.

The gold-medal victory was a special occasion. Onkaparinga South has been promoted over the past three years from Division 4 to Division 2, and as premier will gain Division 1 status for the first time.

The achievement of consecutive years of promotion is a first in the history of the State Football Carnival.

The team won eight of its nine matches during the week.

Team Manager Kevin Barclay praised the excellent coaching by John Humphries over this highly-successful period of football development.

“John is a coach dedicated to team accountability, and has a wealth of knowledge and experience. He developed confidence and self-esteem amongst the closely-bonded squad. The contribution of the boys’ local community footy clubs and schools is also invaluable.”

Representatives in the Gold Medal team from Seaford 6-12 School were Jacob, Zac and Indiana.

Craig Ottaway, Football coach
2013 CHOREOGRAPHIC AWARDS NIGHTS

On Monday 17th June and Wednesday 19th June, Seaford 6-12 School held their Year 10 and Year 9 Choreographic Awards Nights for Dance. Both nights were an outstanding success and displayed a fantastic collection of performances by students new to the art of making up their own dances and was the culmination of a semester’s work.

Students first had to learn dance technique and performance skills, then choose their own music, costumes, and performers. Finally students had to make up their own dances. The choreographers all put in hours of practice, during lunch, after school and even weekends!

The finished dances were judged by teachers Kayla Tilling and Rachael Hoffmann on the Senior Choreographic Awards Night, and the Principal of Seaford 6-12 School, Ms. Cezanne Green and Arts teacher Meridith Beaston, on the Junior Choreographic Awards Night.

The following awards were presented by the judges:

YEAR 10 AWARD FOR EXCELLENCE
Stacey Storey
MERIT AWARD
Jessica Buechter
POTENTIAL AWARD
Zoe Milburn

AWARD FOR BEST PERFORMANCE
Tayla Ross

YEAR 9 AWARD FOR EXCELLENCE
Adele Bull and Paige Ross
MERIT AWARD
Shaniah Washington
POTENTIAL AWARD
Alisha de Groot and Meg Hamer

Our Special Guest Artists for the Year 10 Choreographic Award nights were:
Chelsie Freeman and Tanisha Ward who performed a self-choreographed piece titled “Riptide”. Our second performance was by Alisha De Groot and Meg Hamer of their own dance creation called “Invisible”.

Our Special Guest Artists for the Year 9 Choreographic Awards night were:
Tayla Ross performing her own dance “Creepy Crawler”, along with Alisha De Groot and Paige Ross.

Approximately 50 students were involved both onstage and backstage over the two nights and was a tremendous effort by all those involved.

Thanks must go to all the technical theatre crew, especially Kerry Sankey for the lighting for both performances. Special thanks should also go to all the parents/caregivers who supported the students in their endeavours, and to Ann Duncan and Deb Halse for costume making and alterations.

Overall, they were great nights and I would like to congratulate and thank all the dancers, choreographers, and everyone involved who helped make these performances possible. The students certainly learnt a lot from the experience, and had great fun at the same time!

Lorraine Hardy
Dance Teacher
KNOCK-OUT SOCCER

YEAR 8/9 BOYS
On Thursday the 6th of June the Year 8/9 Boys Knock-out Soccer team played against Cardijn College. The students played a competitive game of soccer but with only 11 players and no subs, the boys did a great job to hold a fully outfitted Cardijn team to only 6 goals. The boys showed the school values and ethos through their sportsmanship throughout the game. They should be proud of their efforts individually and as a team.

Marc Snelson, Soccer Coach

YEAR 7 GIRLS
On Friday the 7th of June, the Year 7 Seaford Girls Knock-out Soccer team, with the support of a couple of Year 8 girls played Moana. Although the girls lost the game 6 – 1, their sportsmanship and overall effort was incredible. The girls had a great second half and really challenged Moana, playing the offside trap exceedingly well and working together as a seasoned team. This was an achievement, as for many it was their first time playing soccer.

Although all the girls should be very proud of their efforts there were some stand out players. Petria Booth, who had never played goalkeeper, did an outstanding job and saved numerous goals in spectacular fashion. Kimberley was an outstanding all round player, playing competitive roles in defence and attack. Finally, Lauren played an excellent role in attack and scored the goal for our girls, going around a couple of players to do it. Well done girls, it was a great day and a good game.

Marc Snelson, Soccer Coach

TAMING SHAKESPEARE IN YEAR 10
On Friday the 7th of June, three Year 10 classes were treated to a live performance of key scenes from Shakespeare’s classic, The Taming of the Shrew. Performed by Isabella, Mark and Alice, members of The Little Fish, a senior performance ensemble from the Southern Youth Theatre, students were immersed in the dramatics and comedy of the play that still inspires audiences some four hundred years after its creation.

The performance took on an educational format, with the actors initially introducing the play and further familiarising students with its content. Following this, they performed key scenes, predominately those involving protagonists Petruchio and Katherina and their changing relationship, concluding with Katherina’s famous final speech. In between these scenes, the actors stopped to prompt students with relevant discussion questions. This promoted greater student engagement and, in turn, further enhanced their knowledge and understanding of the play.

A huge thanks must go to Russell Slater, Artistic Director at the Southern Youth Theatre Ensemble, for his efforts in organising the day, and to Isabella, Mark and Alice for their wonderful acting and teaching. Thank you also to Jennie, Meredith, Elaine and Fiona (our photographer) for their contributions throughout the afternoon.

The Southern Youth Theatre Ensemble performs regularly in the southern suburbs. If you are interested in attending a show or finding out more please visit their website: www.syte.org.au/SYTE/Welcome.html

Zac Day, Year 10 Teacher

SOUTHERN ADELAIDE & FLEURIEU TRADE SCHOOL VET ORIENTATION TOURS
To assist young people make informed choices on which Trade School Vocational Course best suits them for their 2014 program, the schools which make up the Southern Adelaide & Fleurieu Trade School collective are inviting students and their families to visit a range of current Trade School vocational courses in action, on a Wednesday at the beginning of Term 3 this year.

Seaford 6-12 will be holding an information session for Engineering – Part Certificate II on Wednesday 31st July at 10:30am. Phone bookings must be made by Wednesday 3 July 2013.

For further information, please contact Jeff Mogg, VET Coordinator, at the school on 8327 2222.

Jeff Mogg, VET Coordinator

YEAR 9 CANBERRA TRIP
We are investigating the possibility of offering Year 9 students the exciting opportunity to travel to Canberra during Term 4 this year. Shortly, Year 9 parents and caregivers will receive a letter home with approximate dates and costs. When this occurs, could I please ask that you return the reply slip indicating interest so that we can then plan accordingly to move forward.

Stephanie Johnston, Humanities Leader
Cat
Forest green eyes
Hair as red as the early sun
Stalking his prey
On his toes, the size of my
fingertips
Dancing inside after a long
night’s prowl
Finds comfort in front of the fire
Warming his whiskers whilst
projecting a soft purr

Watermelon
Watermelon
Green and lined,
Juicy, wet, crunchy,
Water on my tongue
Refreshing and sweet for us to
eat.

Water
Waves lapping over feet,
Walking on a sandy shore,
Rushing along a riverbed,
Flowing quietly past your head,
Sleeping upon the sodden grass
A direct link into the past.

Polar Bears
The polar bear glides swiftly
down the snow,
While her cubs slide on the
slippery ice,
As the father returns from a fight
of glory,
The polar bear family reunites to
share their story.

Fear
Fear is black,
Fear taste like sweat,
Fear smells rotten,
Fear looks like a monster,
Fear sounds like crying,
Fear feels like hurt.

Love
Love is pink
It tastes like strawberries
And smells like roses,
Love looks like hearts
surrounding you with comfort
Sounds like angels flying,
Birds tweeting and laughing,
Love feels exciting and fun
But mysterious and curious.

Park
Throwing wishes down the well
Children ding the playground bell
Ghastly winds make a sound
As little children slide down the
hill

Chill
Chill is a light blue color,
Chill tastes like fish and chips,
Chill smells like fresh air,
Chill looks like Bob Marley,
Chill sounds like the ocean
splashing,
Chill feels like being with your
friends and family.

Dog
I was sitting outside with my dog
when he got up and started
chasing is tail,
A round and around and around
in a circle,
And ten minutes later…..
He’s still going around and
around and around.
BOOK HEROES!

If you are interested in viewing book trailers, seeing what’s new in the library collection, discussing new books or just having fun, come and book in at the library.

Who is this for? Anyone aged 7-14 (not just for Seaford 6-12 students)
When is it? Each Tuesday for 6 weeks, starting on 30th July.
   Time: 3:20-4:20pm
   Where: Seaford Library

THIS IS A FREE EVENT!
Karla Pickett, School Services Librarian, Seaford Library
Ph (08) 8384 0049   Fax (08) 8327 3436

www.onkaparingacity.com

SUPER SANDWICHES!

Bread:
• White/wholemeal/multigrain/rolls/pita/lavash/rye
• English muffins.

Plain cracker biscuits:
• A variety

Fillings:
• Salad: tomato/grated carrot/lettuce/cheese/beetroot/cucumber/zucchini/bean or alfalfa sprouts
• Meat/fish/chicken/egg
• Baked beans/spaghetti
• Potato salad
• Cheese – grated/sliced/cubed
• Peanut butter (and honey)
• Vegemite (with cheese)
• Banana (with a little lemon juice to prevent browning)
• Cottage cheese with corn relish
• Carrot and sultanas
• Tuna and mayonnaise
• Your own, or your child’s creation!

Reference: Pademelon Press, There’s more to food than eating. Food foundations for children birth to eight years, 1999

LUNCHTIME SPORT

‘working with the community’